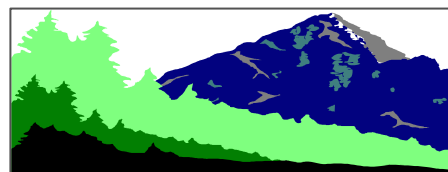


# Tsitsikamma Mountain Spa

at Armagh Country Lodge, Storms River Village



## BODY TREATMENTS

### Aroma Back and Neck

With the use of essential oils

30 mins

R320

### Swedish Massage

Body massage using five different techniques

60 mins

R480

### Full Aromatherapy

Eases and relaxes a stiff, tired body, using essential oils which are designed for your physical and emotional needs

60 mins

R560

### Hot Stone Back and Neck

Using volcanic rock from the ancient core of Africa to work at the very base of the muscles, removing stress and tension through the heated stones

45 mins

R450

### Full Hot Stone Massage

A truly sensational massage utilizing heated volcanic rock as above to soothe body, mind and soul

75 mins

R640

### Deep Tissue Massage

A firm pressure massage to loosen tight muscles...essential for all-over well being and the relaxation of tired, over worked muscles

60 mins

R670

### Reflexology

Enjoy stimulating & relaxing benefits of pressure point foot massage targeting problem areas within your body. The holistic way to feeling wonderful!

45 mins

R360

### Indian Head Massage

A gentle pressure point massage highly recommended for tension headaches and promoting relaxation

30 mins

R280

## BEAUTY TREATMENTS

### Gatineau Facials

|                          |        |      |
|--------------------------|--------|------|
| Anti-ageing Collagen     | 60mins | R670 |
| Purifying                | 60mins | R520 |
| Deep Cleanse             | 45mins | R440 |
| Hydrating / rejuvenating | 60mins | R520 |

### Waxing

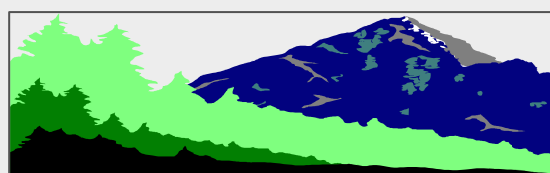
|                      |        |      |
|----------------------|--------|------|
| Half Leg             | 30mins | R160 |
| ¾ leg                | 30mins | R195 |
| Full Leg             | 40mins | R225 |
| Full Leg and Bikini  | 50mins | R325 |
| Bikini               | 20mins | R195 |
| Brazilian            | 45mins | R215 |
| Underarm             | 20mins | R120 |
| Brow/lip/chin        | 30min  | R120 |
| Full Face            | 30mins | R110 |
| Chest <b>OR</b> Back | 45mins | R190 |

### Hand and foot treatments

|          |        |      |
|----------|--------|------|
| Pedicure | 60mins | R350 |
| Manicure | 45mins | R260 |
| French   | 15mins | R 70 |

### Tinting

|                        |        |      |
|------------------------|--------|------|
| Lash & Brow            | 45mins | R120 |
| Eyelash Tint           | 20mins | R 90 |
| Eyebrow Tint           | 20mins | R 80 |
| Eyebrow Tint and Shape | 40mins | R175 |



Tsitsikamma Mountain Spa... it's all about you

**Booking essential. Tel : 042 – 2811587**

## One hour Specials

### *Spa Taster*

Back & Neck Massage followed by a mini facial

R480

### *Choose any three...*

Back & Neck Massage

Foot & Ankle massage

Indian Head Massage

Mini Facial

Hot stone Massage

R540

### *Sensational Serenity...* Innovative 2 Therapists: 4 Hands:

superb synchronicity - this is a de-stressing masterpiece.

R640

### *Aroma flex*

Back & Neck Massage

Reflexology

R565

### *Pamper Hour*

Mini Facial & Scalp Massage, Back & Neck Massage

Foot & Ankle Massage

R540

## PACKAGES

### Ultimate Relaxation

Salt scrub, detoxifying body wrap, aroma outdoor shower,  
full body massage, pressure point scalp and foot massage.

2hours

R950

### Total Radiance

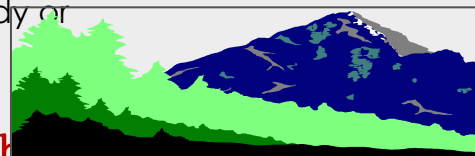
Back and neck massage, pressure point foot massage, deep cleanse facial,  
manicure or pedicure.

2hours 30mins

R960

### Top to Toe Relaxation

Your choice of Swedish, Deep Tissue body or  
Aromatherapy massage and  
your choice of facial.



R1020

### Express treatments...for people on the go (30 minutes)

**Manicure** R150

**Pedicure** R165

**Facial** R250